



Is Water Aerobics Right for Me?

Water aerobics is one of the most energizing forms of aerobics and can be enjoyed by everyone. Whether you are looking to kick start your fitness journey, increase flexibility and joint mobility, lose weight, or just have some fun, water aerobics is the exercise for you!

Many people refer to water aerobics as a "non-weight bearing exercise," because the water supports most of your weight rather than your hips, legs and feet. This relieves stress and resistance on the joints, allowing for greater flexibility and stamina than your body offers in exercises outside of the water.

Classes are held in waist-deep water so that you do not have to be able to swim to participate.

Doctors recommend water aerobics for patients with limited mobility due to injury, weight or disability, as well as for new moms and mommies to be!

Please make sure to consult your doctor before beginning any type of exercise program as well as inform your instructor at the start of the first class.

What are the Benefits of Water Aerobics?

Provides Buoyancy and Support

The water supports almost 80% of your weight, which in turn causes less strain and prevents injuries on your joints, back and torso.

Improved Flexibility

When doing water aerobics, the joints can be moved easily and in a wide range of motion. This allows you to exercise with no joint pain.

Helps Keep you Cool

Water aerobics is refreshing and helps keep your body cool, as well as lift your mood instantly.

Quick Muscular Endurance

Due to water resistance, you will see a quicker build-up of toned and endured muscle mass.

Burns Calories

Water aerobics helps you burn anywhere from 450 – 700 calories per hour!

Improves Cardio Conditioning

During water aerobics your heart rate is maintained, which is beneficial to both the heart and lungs.

Who can participate in Water Aerobics?

ANYONE!!! That's right, anyone of any age with any health condition who enjoys the water!

What should I bring?

- Water or Sports Drink
- Bathing suit
- Towel

Water Aerobics



Hugh Smith Indoor Pool
1815 New York Ave.
Arlington, TX 76010
817-275-0513



Water Aerobics Schedule

(Times are subject to change)

	8:00 am	9:00 am	12:15 pm	6:00 pm	7:00 pm
Monday	--	H2O on the Go!	Joints in Motion	--	--
Tuesday	--	Water Wellness	--	AquaSlim	--
Wednesday	--	H2O on the Go!	Joints in Motion	--	HydroBlast
Thursday	--	--	--	AquaSlim	--
Friday	--	H2O on the Go!	Joints in Motion	--	--
Saturday	Saturday Splash	--	--	--	--

Class Descriptions

🌊 **H2O on the Go!** - Get with the flow, with H2O on the Go! Enjoy a cardiovascular workout intended for beginners to advanced individuals who seek to strengthen and tone.

🌊 **Joints in Motion** - Get your joints back in gear! Class focuses on individuals with injuries and arthritic conditions and works to improve flexibility, strength and overall health.

🌊 **Water Wellness** - Great for beginners! This low impact class focuses on flexibility and toning. Improve your health with Water Wellness!

🌊 **AquaSlim** - Get fit, get slim! Come for an evening of cardio, flexibility, toning and strengthening. This workout is great for all ages and populations. Get an

amazing cardio workout without putting stress on body joints and parts!

🌊 **HydroBlast** - Blast off to the new you! This class is geared towards beginners to advanced individuals wanting to improve their health and strength with a great cardio workout. This medium to high intensity class gets your body moving towards the new you!

🌊 **Saturday Splash** - This is no dip in the pool! This high intensity work out will definitely get you moving and the water splashing. The class is intended for beginners to advanced individuals. Wash those worries away!

ALL classes require an Annual Membership Card.

Class Fees

1 class: \$5

8 classes: \$32

12 classes: \$42

24 classes: \$72

Monthly Membership

(\$45/month)

Enjoy unlimited water and land aerobics along with weight room usage for an entire month!

Combo Pass

(\$55/month)

This combo pass allows you to attend an unlimited number of water and land aerobics classes, open/lap swim and weight room usage all at Hugh Smith Recreation Center and Hugh Smith Indoor Pool for a whole month!

Prices listed do not include Annual Membership Card.

Newcomer Special

Stop by Hugh Smith Indoor Pool to get your FREE week of water aerobics started!

Name: _____

Date: _____

After you enjoy your FREE week, sign up for 20% off your membership!

This offer is only valid for customers that have not registered for any water programs within the last 6 months. This offer does not include the cost of a facility card.